

**Answers For The Stress And Strains Of Life  
How To Bounce Back When Things Are Tough (Part 2)**

**Step 3:** \_\_\_\_\_

**Matthew 26:37-38** *He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."*

**Hebrews 10:25** *And let us not neglect our meeting together, as some people do, but encourage one another*

**Step 4: Turn** \_\_\_\_\_

**Key:** \_\_\_\_\_ is changing me

**Philippians 4:8** *Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

a) I put His \_\_\_\_\_

**2 Peter 1:4** *...because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires.*

**Colossians 3:1-2** *Set your minds on things above, not on earthly things.*

**Psalms 42:5** *Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—*

b) \_\_\_\_\_ to build faith

**1 Samuel 7:12** *Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, "Thus far the LORD has helped us."*

**Key Promises to remember in adversity**

- Father, you promised there's a purpose in this pain (Hebrews 12:7-11, Psalm 33:4-5). So what would you like me to learn from this?
- Father, you promised you are already at work bringing good from this (Romans 8:28, John 5:17). So, I look forward to seeing what you are doing and how you will bring good from this.
- Father, you promised again and again to help me (Matthew 7:11, James 4:2). So I'm asking for your help and trusting you. I can't wait to see how you are helping me.
- Father, you promised to restore my soul (Psalm 23). So I'm grateful that you are already working to heal me.

**4 major promises**

His promise of purpose  
His promise or redemption  
His promise of help  
His promise of restoration

*"The believer should not shrink from situations, positions, or circumstances in which his faith may be tried, but he should cheerfully embrace them as opportunities to see the hand of God stretched out in help and deliverance. Thus his faith will be strengthened."*

George Mueller

I cheerfully embrace this as an opportunity to see the hand of God stretched out in help and deliverance.

**1 Thessalonians 5:16-18** *Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*